

*The Hunter Returns*



# AFTER THE KILL

*Extension Service  
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### *The Hunter Returns After The Kill*

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# *The Hunter Returns After The Kill*

An expert big game hunter and guide with 30 years experience says, "If you want meat that tastes like beef, buy beef."

Meat from big game is different and it's this difference that appeals to the hunter. Its economic value is considerable, too, when one considers that protein foods take more than one-fourth of most family food budgets.

Game meats are flavored, to some extent, by the food the animals eat. But mostly, the meat's taste depends on the hunter's skill in caring for the meat under primitive conditions. The meat quality depends upon the hunter's marksmanship, field dressing, and field cooling of the carcass. The distance he must go, and the care he exercises in getting the meat home, are also part of quality control.

Meat from a prime animal, that has had enough food to build good muscle structure with an overlay of fat, is as tasty and nutritious as any domesticated animal of the same age and condition. A male animal that has gone into rut may have off flavors. It may have stopped eating and run off the protective tallow, resulting in a loss of texture or flavor. In spite of warm temperatures, therefore, early pre-rut hunting is preferable, especially if the altitude provides cold nights and there is protective shade for the carcass from the mid-day sun.

## *Go Prepared*

Not enough can be said about going into the hunting area prepared. Take time to learn the correct firearms and ammunition for a clean kill. Study the hunting area — its draining slopes, trails, and roads — from maps or previous experience. Observe prominent landmarks, mark the trail and time the distance from camp. Arrange signals with others in the party. It may mean the difference between a successful hunt and disaster.

A light but adequate backpack, preferable on

a packboard, should contain ammunition, compass, maps, adequate clothing, a hunting knife, and whetstone. Take two large polyfilm bags (for the game animal's heart, liver, and other organs), some emergency rations, matches in a waterproof container, and at least 40 feet of small nylon rope. Other helpful articles might include some cheese cloth, or regular game bags or waterproof fabric covering. A couple of cans of black pepper to cover cut surfaces will discourage the flies and keep magpies and camp robbers from the meat. A lady hunter with considerable experience adds a few clothes pins to hold the folds of cheese cloth around the carcass. Pressurized cans of insect repellent used to spray the camp area and the area where the meat will hang, protects the hunters as well as the meat.

A meat saw or a small hand axe is helpful if the pack-weight will permit, although the skillful hunter who knows some anatomy can butcher the kill with a stout hunting knife. If distance from transportation is great, boning the carcass will reduce the weight. Most hunters will agree, however, that they prefer the bones in the meat for quality cooking and eating.

## *Good Shot - Good Meat*

A neck or back-of-the-shoulder shot will insure a quick kill and destroy the least meat. If the game has been stalked cautiously or the hunter has found it possible to sit in wait for the animal, he will have a steady hand and normal breathing, which make it easier to place the bullet in a vital spot.

Approach the fallen animal cautiously, KEEP THE GUN IN POSITION TO FIRE IF THE ANIMAL IS NOT DEAD. Hunters agree that meat is better if drained of blood. Modern ammunition will tear a large enough hole for drainage if the animal is small. With larger animals, cutting the jugular vein assures complete bleeding and provides better flavored meat.

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## Gutting

Open the stomach cavity carefully. Some hunters start at the tip of the breastbone and open downward; others open from the tail upward to the tip of the breastbone. Some advocate cutting through the brisket with a hatchet and opening the cavity to the neck, laying the entire body cavity open. All agree you must be careful not to rupture the internal organs. Cut through the skin and muscle layer only.

When gutting is done properly, the abdominal wall will have a small slit just large enough to insert the two first fingers of the left hand between the muscle wall and the gut. By flexing these fingers and pressing with the back of the hand, the hunter can guide the knife tip between the two fingers, cutting the skin upward and out from the inside of the cavity. If the knife tip extends beyond the finger tips, it will usually puncture the gut. If the content of the digestive tract touches the meat, the contamination and off-flavors will be impossible to remove or cover up in the cooking.

Reach inside the carcass between the hipbones and free the large intestines and tie off at the anus. Tie off the gut at the breastbone, cut the esophagus off at the diaphragm and roll the body contents down and out of the body cavity. Use the knife only when necessary where gut is attached to the backbone.

Open the neck and sever the windpipe, blood vessels and all attachments. If the head is to be mounted later, it will be necessary to skin the cape first. (Inexperienced skinner can obtain free information on trophy preparation from most taxidermy firms.) Work the contents of the chest cavity down and out of the carcass. To help the final removal of body contents with a small animal, raise the chest so the weight will help it flow out of the cavity.

The heart, kidneys, liver, and tongue can be removed at this time and placed in game bags. Fresh meat may be tough if eaten immediately, but these organ meats can be eaten after cooling overnight.

Remove the bloodshot meat and trim away all the injured areas. Wipe the inside of the carcass with the clean cloths brought for this purpose. Clean moss, or clean leaves can also be used. **NEVER USE WATER.**

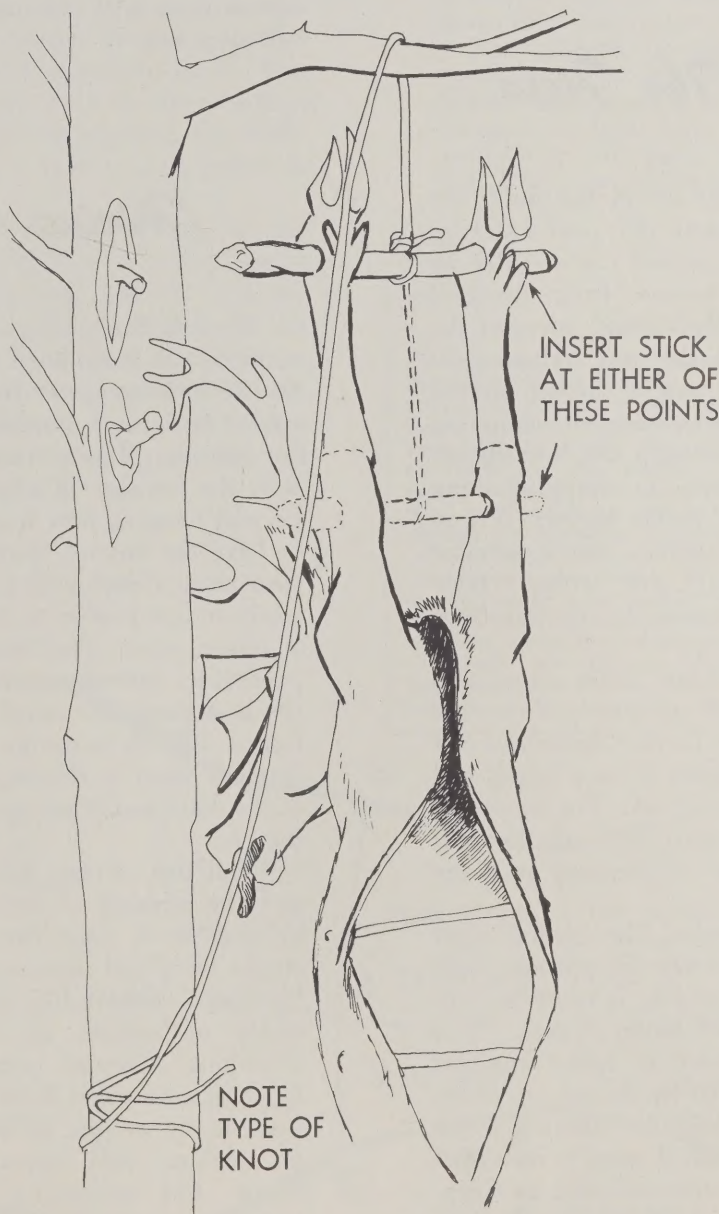


## Casing the Meat

There are many reasons for "casing", or glazing, cut surfaces of the meat with accumulated blood from the body cavity. Blood is the handiest substance available and the glaze hardens quickly, making a protective crust. It seals cut surfaces, keeps them clean and prevents blow-fly egg deposits. This should not be done, however, if the animal has been wounded in some portion of the intestinal tract, because the blood will be contaminated with stomach and intestinal content.

## Hanging the Carcass

The hunter should keep the meat clean, cold and dry. Meat that is rained on or washed with water, or even placed on the damp ground overnight will sour within a few hours. The meat should be cooled before it is transported any distance, to help insure the best possible quality. The body contains an amazing amount of body heat, even after gutting. Spreading the carcass with stout sticks, especially at the shoulder and pelvis is most important. The ideal cooling procedure is to hang the animal high enough to clear the ground, away from predatory animals, and in a position to take advantage of the slightest breeze. However, in a treeless area the carcass may be propped up from the ground on heaps of branches or brush, to allow the air to circulate completely around it. Twenty-four hours is not too long for the average carcass to cool completely; a larger animal may take longer.



## To Skin or Not to Skin

Leaving the skin on the carcass gives it protection from dirt, flies, predators, and rain, but has the disadvantage of holding animal heat longer. Some hunters say you can — and MUST — cut the cooling time in half by removing the skin. Others disagree.

You will have to decide which is best for you in your own circumstances. No two kills are ever exactly alike. You should take into account the temperature, weather, facilities for hanging, distance from camp or vehicle, the size of the animal, the number of helpers you have, and your method of travel. You should plan the strategy of saving your meat as carefully as you planned the kill.

The same factors will determine whether the carcass should be transported whole or in parts. A moose or other large animal will have to be cut up in the field. Smaller animals may be hauled in one piece if they are killed near enough to a vehicle. For dragging, the skin should be left on, and the openings for gutting should be made as small as possible. The animal should be dragged by the head, with the flow of hair growth, to make the pull easier.

Large animals should be cut into portions for back-packing. They may be cut up either with the hide on for protection, or without the hide to cut down weight on a long, hard pack-trip. You may even choose to cut down your load by boning — that is, removing all the meat and leaving the bones. However, the more cuts you make in fresh meat the more you increase the danger of spoilage.



If you shoot a trophy animal, you need to keep the head and cape intact for a head mount. Otherwise you can leave these parts behind. (Exceptions are mountain goat and sheep, whose horns must be produced for identification.) Also remember to preserve sex marks of animals whose females are protected.

Unless you want the feet and legs for ornamental mountings, they can be disposed of with other refuse.

## *Aging*

When you get home, the carcass must be hung and aged. The more it weighs, the longer it should age. The ideal aging temperature is between 35° and 40° which allows body enzymes to work on the muscle tissue and tenderize the meat.

Hang with the head up to supply natural drainage and make skinning easier. A mature, well-fleshed moose or caribou should hang from one to two weeks. Sheep, goat, and deer will age in one week. Young animals can be cut and wrapped for freezing after 36 to 48 hours of aging. This is also true of lean carcasses of caribou or deer whose meat will not improve with aging, but will only dry out.

## *Cutting in The Field*

When the carcass is cut up in the field, the parts must fit your packboard and your carrying capacity. A caribou-sized animal can usually be transported in four equal pieces. First divide it in two by cutting completely around between the second and third ribs from the rear. Then, split through the backbone with a saw or hatchet. Divide the front into quarters by sawing or chopping alongside the spine, and through the breastbone. The hind quarters are separated by chopping along the spine and through the pelvic bones. If you have the time, spine and pelvic bones may be severed with a knife neatly and without bone splinters by inserting a knife tip in the bone sutures and prying gently.

With larger animals, the front legs and shoulders may be removed separately from the trunk, and may have to be further disjointed for carrying. The neck of a moose is very large, and may easily make a load by itself. For more detailed information, study the chart of the full carcass and directions for butchering on page seven.

Before the packing begins, the cooled meat should be wrapped completely in porous cloth covers, or placed in game sacks. It must be protected from dust, heat, and motor fumes. If a waterproof covering is needed in rainy weather, wrap or tie it down loosely to let the air circulate. The trunk of a car can be used for hauling if the carcass is completely cold and if meat is insulated against heat with layers of material such as sleeping bags. **DO NOT CARRY THE MEAT ON THE HOOD OR NEAR THE HEAT OF THE MOTOR.**

## *Hiring a Butcher*

If you don't have a cool place to hang the carcass, you may have to arrange with a butcher for cold-room space for hanging. Many people prefer to have a butcher cut and wrap the meat for storage. These arrangements should be made with the butcher in advance, so you know where he will hang it, how long, and whether he prefers to have the animal skinned beforehand. The best meat cutters work with a carcass before it is frozen, while others prefer to cut the frozen carcass with a power saw. The latter method is fast, more profitable, and takes less skill, but it does not make the best steaks or roasts. The cook or the carver find it difficult to cut meat off grain. Further, unless the meat is thoroughly protected, dirt, sand, sticks, hair and other foreign matter may be frozen into it.

Tell the butcher what kind of cuts you want, and the number of servings each should contain to best serve your family. Many families like steaks best, and want everything else ground into "burger." Others like roasts and pot roasts, especially of moose, in large pieces for special occasions. Ground game meat is naturally less fat than hamburger from domestic animals. Twelve percent, by weight, of beef suet added, especially to caribou, will improve cooking quality and flavor. For interesting variety some people like to hold out some meat for corning in a pickle or brine solution.



# Butchering At Home

If all the work of skinning and cutting falls to the hunters, a few suggestions may be helpful. If the animal has been brought home in one piece and has been aged with the skin on, hanging by the front legs, start skinning at the neck. Make the first cut under the jaw and around the neck, inserting the knife tip under the skin and cutting outward. To keep hair out of the meat, one hunter suggests that a liberal dousing of water will keep the hairs flattened and out of the way, adjacent to the cut. Start prying the skin free, at first with the fingers or blunt-edged object, then with the fist as soon as a good hand-hold is worked loose. Use a light touch of the knife only to sever tough muscle, and be careful not to cut into the flesh. Roll the hide with the hair side in and under to keep the meat clean.

A slit along the inside of each leg, to the cavity, permits skinning the hide in one piece to the tail. The tail can be cut off and left with the hide if there is no plan for its use. The head can be left with the hide too by cutting it off below the jawbone in front of the first vertebra. If the hide is to be tanned, it should be spread to dry flesh side up. Tanneries or taxidermists will tell you how to dry, salt and ship it.

## Plan the Cuts

Before you start, consider your family preferences. Decide in advance what cuts you want to keep whole, and how much meat you want to have for "burger." If the animal is young and tender, more of the leg meat can be used for steaks. Ground meat takes less freezer space than roasts and stew meat, or meat without bones, but does not keep as well as solid chunks. You can keep one quarter fresh for immediate eating if you have a place to hang it. Save the bones and clean trimmings for soup stock, which can be canned or frozen.

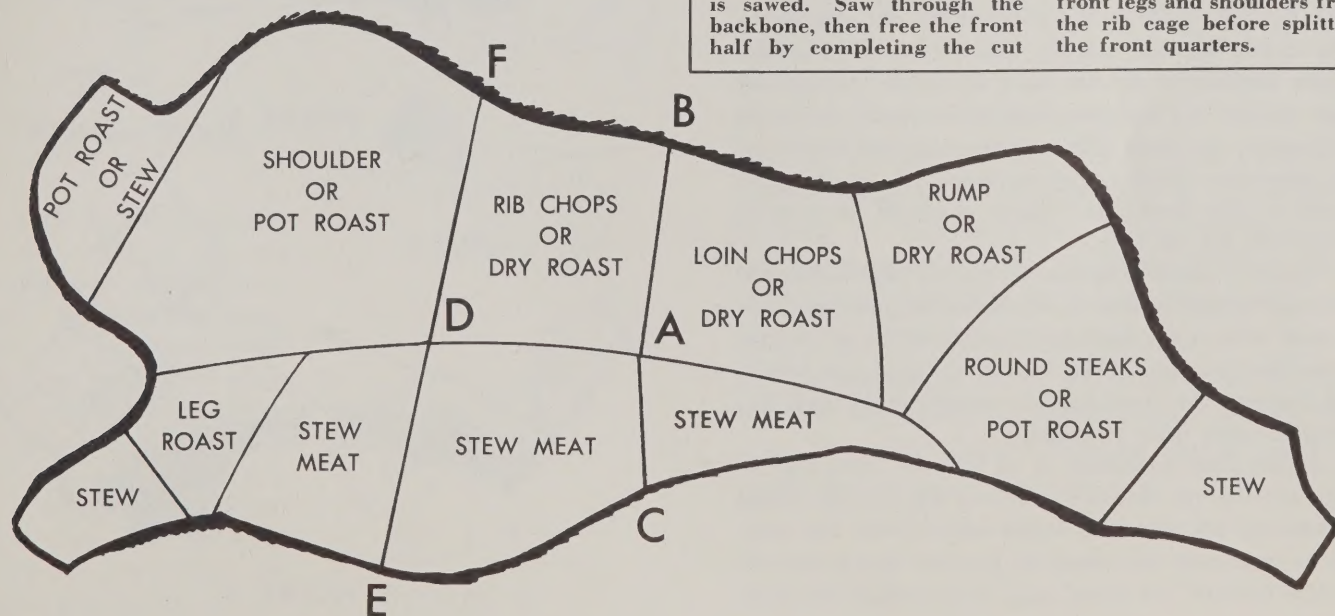
The following directions for cutting apply to smaller game animals brought home whole, or to the portions of larger animals, such as moose, which have been partially cut up in the field. After the hide is removed, trim away damaged or dirty parts, remove all hair and wipe clean with a dry cloth before further cutting.

## Divide and quarter

Separate the front from the rear half on the line between the loin and rib sections, as shown in the chart. Inserting the knife between the 12th and 13th ribs at a point midway between the flank and backbone, (A) cut first to the backbone (parallel with ribs), (B) and then cut toward the flank, (C) leaving uncut a 6- to 8-inch strip to hold the forequarters in place while the backbone is sawed. Saw through the backbone, then free the front half by completing the cut

through the flank.

The hind quarters may be split apart by sawing down the center of the backbone, or just alongside it, and through the pelvic bone. The neck should be removed from the front section before sawing it in two. If working space is limited, the front quarters may be left hanging while the hind quarters are cut up. An alternative cutting order is that of removing the front legs and shoulders from the rib cage before splitting the front quarters.





## Cutting the Hind Quarter

Trim off any uneven edges and cut away the flank for stew meat or burger. (See Figure 1.) Remove the kidney and kidney fat. Each quarter now consists (as seen in Figure 1) of the round, or ham (a), rump (b), sirloin, including the porterhouse (c), and loin (d). Separate the loin (d) by sawing on a line that starts midway between the end of the spine and the low point in the backbone.

Remove the rump (b) from the round (a), by cutting the meat and sawing the bone, across the top of the fleshy part of the leg, as shown in diagram. The sirloin may then be separated from the rump on a line between (c) and (b).

Figure 2 shows how the round may be cut from the bone to get compact, smoothly trimmed and boneless cuts. Separate the portions (a), (b), and (c) of the round along the natural divisions. Divide these into smaller portions, if necessary, for steaks and roasts. The lower, more heavily-muscle leg and shank meat can be boned off for stew or burger, as shown for the front quarter, in Figure 3.

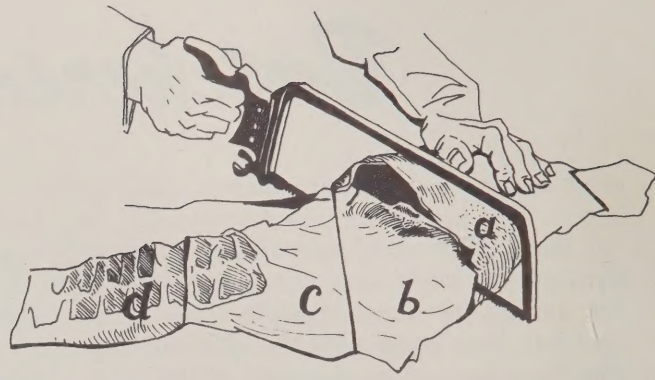


FIGURE 1

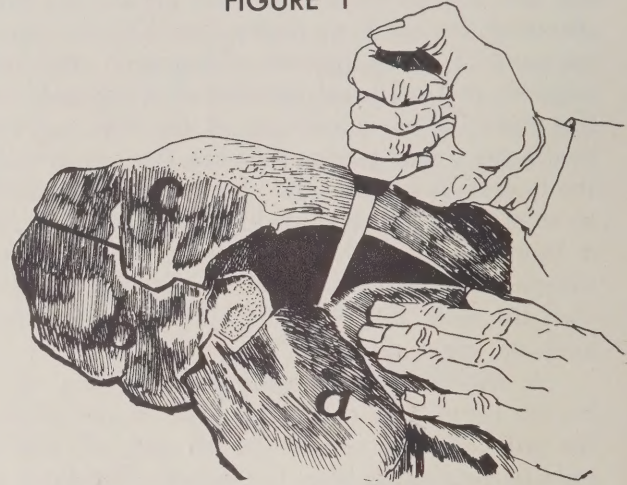


FIGURE 2

## Cutting the Front Quarter

After the neck is removed and the flanks trimmed away, the rib cage may be split by sawing through the backbone. The legs and shoulders may be removed first, depending on the size of the animal and ease of handling. Leg and shoulder sections are removed easily with a knife, since the bony plate of the shoulder lies flat against the ribs, and is attached only by muscle. Lay the shoulder on the workbench with the bone side down. Square the meat off into family-sized portions for roasts or steaks and remove the bone. The tougher meat and tendons of the lower leg (shank) may be boned off, as shown in Figure 3. The shanks may also be sawed off for roasting if they are not too tough.

Figure 4 shows a section of the rib cage which has been split at the backbone. Ribs may be used for roasts or short ribs, or the meat may be stripped from them for burger or stew meat. The brisket, the part just behind and between the front legs, is usually tough and best suited for stew meat or burger.

An alternate procedure is to saw the front quarter apart between the shoulder and lower leg. If this method is followed, the seven rib steaks may be cut separately or cut into large rib roasts on the line shown between sections marked "rib chops" and "shoulder" on the chart.



FIGURE 3

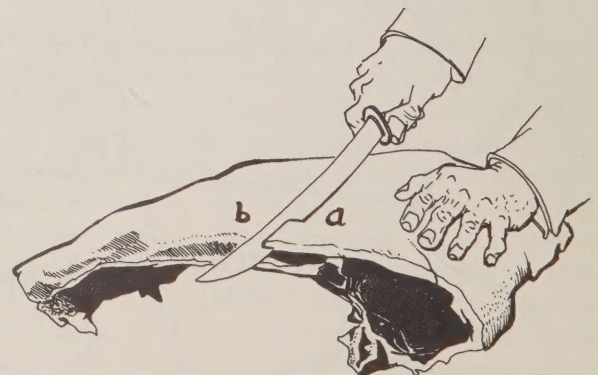


FIGURE 4



# Freezer Storage and Wrapping

Be sure to have plenty of wrapping equipment on hand in advance of hunting season. If you wait your grocer may be out. Good freezer packaging materials are moisture and vapor proof.

When preparing meat for freezer storage, cut only as much as can be wrapped at one time. Segregate into separate trays the steaks, roasts, stew meat and burger, which have been cut into useable portions. Mark each kind as you wrap it to prevent confusion.

Pull the wrapping securely around the meat, stretching the material tightly. Press out all air bubbles. Use either the butcher wrap or the drug-

store wrap and seal with locker tape or heated iron. Place two pieces of wax paper between steaks to make them easy to separate.

A constant storage temperature of  $0^{\circ}$  F. must be maintained in the freezer to hold the quality. When handled properly, game meat can be held at  $0^{\circ}$  for 6 to 12 months. If sausage seasoning is added to the ground meat before freezing, the freezer life is 3 to 5 months. Fluctuating temperatures above  $10^{\circ}$  F. cause rapid deterioration of flavor and color. This may explain why meats kept in the cache, even though properly packaged, are more liable to "freezer burn" than locker meats.

## Drug Store Wrap

(Illustrated):

Place the meat in the center of the wax-covered side of the locker paper (Figure 1). Bring the opposite edges together and seal the seam by folding over until the fold is tight against the meat. Fold the ends to points and fold back over the top (Figure 2). Seal with tape (Figure 3) and mark contents immediately.



FIGURE 1



FIGURE 2

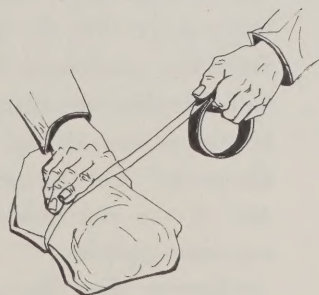


FIGURE 3

## Butcher Wrap

Place the meat diagonally in the center of the wax covered side of the locker paper. Bring the front corner and edge back over, firmly press the paper close to the side of the chunk before bringing the folded edge up and over. Continue to wrap until all the paper is folded over. Two separate wrappings are better than one for keeping out the air.

## Storage Without Refrigeration

Hunters lacking refrigeration usually try to kill game after the weather turns cold. With a screened meat house, permanent cache, or other protected place, meat may hang outdoors all winter. As meat is needed a supply for a few days may be sawed off, thawed, and carved into cooking portions, to be kept in a handy place or even cooked up in advance, depending on the kind of storage available.

Even when game has been taken early, before cold weather has fully set in, it may be safely kept out of doors in an improvised place if nights are cool. Meat should be kept from direct sunlight as well as from rain. Air should be able to circulate around it. It should not be left lying or hanging so that the pieces touch. Screening or netting should be used to protect it from flies. Cheesecloth should be held away by sticks, wire, hoops, or an improvised framework.

An emergency cache, at the scene of the kill, may be improvised in various ways. Boxes, barrels, or drums may be elevated out of reach of marauding animals on high stilts.

Meat which has been safely kept before freeze-up may be cut and wrapped as if for freezer storage when winter comes.



# Curing With Salt

For the sake of variety in your eating, or because you do not have freezer space, you may wish to preserve some of your meat in other ways.

Either brining or salting, the two principal methods of salt curing, can be used for moose, bear, caribou and other game meat. The same basic combination of salt, sugar and saltpeter is used in both methods. Some people alter the proportions or add other ingredients to suit their tastes. Recipes may also be changed to meet differences in climate and location. Less salt is needed, for instance, in high and dry altitudes. The following standard recipe is safe for beginners. (If commercial preparations are used, follow the manufacturer's directions.) For each 100 pounds of meat, use the following amounts:

## Basic Formula

Salt — 8 pounds. Use coarse or dairy salt. (Not iodized.)

Sugar — 2 pounds (brown, white, syrup, or honey).

Saltpeter — 2 ounces.

Salt can be used alone for curing. Sugar helps to soften fiber and mellows the flavor. Saltpeter is not essential for preserving, but saves the bright cherry color of the meat.

## Equipment

For either dry or brine curing, a large pan is needed for mixing the ingredients. Scales and an internal meat thermometer are useful, though one may work successfully without them. Crock and wooden barrels may be used for storage. A clean wooden lid to fit inside the container and a stone or heavy object will be needed to hold the meat under the brine.

Dry salting does not require a water-tight container. In fact, it is better to use a container with small holes in the bottom to drain off excess fluid. The meat may be packed in wooden boxes, pressed under weights to prevent air pockets. **Do not use metal** containers, lids, or weights in brining or salting. Do not use containers in which strong flavored substances have been stored.

## Dry or Brine

The choice between dry-salting or brine may depend on climate, and the equipment and work room available. Meat must be spread out on a clean flat work space for rubbing in the dry salt. Dry curing is faster and is said to produce a more attractive and tasty product, with better keeping qualities than brining. However, brining is recommended for regions of extremely dry and cold climate which naturally dehydrates the meat.

For either process, meat should be neatly trimmed into pieces as nearly uniform as possible. It should be chilled to a temperature between 34 and 40 degrees before curing, and kept in this temperature range throughout the process. Higher temperatures may cause spoilage; lower temperatures arrest the cure.

## Do not freeze curing meat!

Don't let meat freeze while it's curing. The curing action stops at temperatures below freezing, and quality is reduced. Frozen meat should be thawed to about 38° before being placed in salt. If the cure drops below freezing temperature for any time, the same amount of time should be added to the total curing period.

## Dry Salting

Mix the ingredients of the basic formula in a large pan, being careful to blend the finely powdered saltpeter thoroughly. Rub one-third of this mixture into the chunks of meat. Pack the pieces in the containers with the skinned side up on the top layer, and keep in a cool place for three days. On the third day, remove the meat from the crock and rub in half of the remaining salt. Replace the chunks in the reverse order, with bottom pieces on top. This is called "overhauling the pack." Let the meat stand for seven days, then rub in the remaining mixture and cure for the remaining period.

Curing time for the larger and thicker pieces of meat (three inches or more through) is 1½



days per pound from the day of the first salting. For example, a ten pound piece would take 10 x 1½, or 15 days. Smaller pieces or slabs like bacon, or if a lighter cure is desired for immediate use, can be left in the cure for a shorter time. But allow at least one day per pound.

Liquid will collect as the salt draws moisture from the meat. This should be poured off, or drained through holes in the bottom of the container. Do not let the containers rest directly on the ground or floor, but raise them on supports.

### *Special Spice Flavor*

A tasteful variation for moose meat which is to be smoked after curing uses the following spices for each 100 pounds of meat:

- 2 cups (at least) of pickling spice mixture
- 20 to 30 cloves of garlic
- 2 ounce package of coriander seed
- Several dried red peppers

Mix the spices together and sprinkle them between the layers of meat at the first packing; redistribute them as evenly as possible each time the pack is rearranged.

## *Curing Meat in Brine*

Game meat may be quick-cured in a sweet-pickle solution which takes 28 days. Fit the chilled, smoothly trimmed cuts into a clean wooden barrel or crock, with the skinned side up on the top layer. Using the basic formula make a brine with 4½ gallons of water for each 100 pounds of meat.

The water used for making the curing pickle should be pure. To purify water, boil more than you expect to use and let it cool. Strain it or pour it off slowly to leave sediment behind. Heat the purified water again to boiling, add the curing ingredients, and stir until ingredients are dissolved. Skim the surface and let the solution cool to 40° before pouring it over the packed meat. Cover the meat completely, and weight it down. If any of the meat rises out of the brine, the entire cure may spoil quickly.

Overhaul the pack about the seventh day, reversing the order. Cover again with the same mixture, unless it has begun to spoil. (See following

directions for overhauling). The curing time for the larger, thicker pieces, is 3½ days per pound, and proportionately less for smaller pieces, but with a minimum curing time for all cuts of 28 days.

## *Moose Roll*

The flank of moose or caribou may be pickled in the form of a roll. Sprinkle the flank with salt, pepper, ginger, and sliced onion. Roll it tightly and wrap it firmly with string. Keep it in the brine, as described above. When it is ready to use, boil the roll for two hours in fresh water, then put it in a pan with a weight to press it into a firm loaf. When the meat is cold, slice it very thin for sandwiches, or dice and serve it cold with a pickle relish. It makes a fine picnic meat.

## *Use of Cured Meat*

Cured meat may be boiled and served in the same way as any boiled meat.

Corned moose is especially good with boiled Alaska cabbage, or with sauerkraut. Delicious rye bread sandwiches may be filled with layers of sliced boiled corned moose (either hot or cold), and sauerkraut. Leftover boiled corned moose makes excellent hash, served with poached eggs.

Dried smoked meat may also be ground and mixed (with fresh meat) in sausage to give a professional flavor. Paper-thin slices may be creamed in gravy, or fried to resemble Canadian bacon.

If the meat is too salty to eat directly, freshen the meat according to directions which follow.

### OVERHAULING BRINE SOLUTIONS

Watch the meat in a brine solution closely. If at any time the sweet-pickle corning solution turns sour, ropy, or syrupy, throw it away. Scald the barrel, lid and weights. Scrub the meat in hot water, and rechill it. Repack the meat and cover it with a new chilled solution. Use 5½ gallons of pure water per 100 pounds of meat to make the new solution instead of the 4½ gallons recommended for the first, and complete the curing schedule.



## *Corned Moose*

Lean caribou, or tough cuts of any game meat, may be corned by a method closely resembling brining. Prepare the meat as for brining, and pack dry in a barrel or crock with 8 pounds of salt for each 100 pounds. Sprinkle a 1/2-inch layer of salt in the bottom of the scoured vessel. Pack the cuts of meat as closely as possible, leaving a thick layer of salt on the top.

Let the salted meat stand overnight, then make a solution of the following ingredients for each 100 pounds of meat:

- 8 cups sugar
- 5 tablespoons baking soda
- 3 1/2 tablespoons saltpeter
- 1 gallon of water, previously boiled, cooled, and cleared of sediment

Pour this solution over the meat. Add three more gallons of purified water by pouring it down the inside edge of the container. Keep the meat cool, and keep it pressed entirely under the brine with a weighted board. Take the same precautions to prevent spoilage as for the sweet pickle. Watch the meat closely, and overhaul it at the slightest sign of spoilage or fermentation. Corned meat may be ready for use in 10 days, but has a better flavor after 30 days. After 40 days, remove it from the brine for storage.

## *Pressed Corned Moose*

Remove the corned moose from the pickle and wash it in warm water. Simmer in a kettle for two hours, keeping the meat just barely covered with water at all times. Remove the meat and pack it in pans or in a cold meat press. Strain the broth through a cheesecloth or muslin several times to remove all sediment. Boil the broth to one-half of its original volume and pour it over the meat. Allow it to chill in a cool place until it holds the shape of the pan.

## *Jerky*

The name "Jerky" (from jerked venison) calls up thoughts of old-time hunting days on prairie and plain, but it is not out of date for Alaska. Jerking is a quick and practical way of preserving caribou, moose, or other game meat: You can carry it along on trips to eat uncooked, or use it at home, cut in paper-thin slices, and boiled, or creamed as you prepare chipped beef. There are two ways of making jerky, in cold brine, and in hot brine.

## *Cold Brined Jerky*

Cut muscle meat lengthwise of the grain into strips an inch thick, about 1 1/2 inches wide, and as long as you can make them. Put the strips into a wooden barrel or non-metallic container and cover with a sweet pickle or corning solution for three days. Hang the meat over a cord line or string to drip for 24 hours and continue to hang it in a room or other dry place. Keep the strips from touching each other and protect them from dirt and insects with a light cloth covering, if necessary. The jerky will continue to dry as long as it is exposed to air, therefore it should be taken down and put away in an airtight container as soon as it is thoroughly dry. A light smoke will add to the flavor and help preserve the meat.

## *Hot Brined Jerky*

Hot-brined jerky is made in much the same way, except that the meat is cut into finer strips, like shoe-string potatoes, and salted in a hot brine. The hot solution is made by adding salt to boiling water until no more can be dissolved. Dip strips into the hot brine until they turn white. Then string them up to dry and handle the same way as cold-brined jerky.

### *Freshening Cured Meat*

Dry cured or brined meat is usually too salty to be eaten without freshening. You can remove surplus salt by soaking it in fresh cool water for several hours, and discarding the brine, before the meat is cooked. The time needed will vary with the degree of saltiness, and more than one fresh-water bath may be needed. You can also freshen salt meat by bringing it just to boiling in a large volume of water once or twice, discarding the salty broth. This method, though quicker, causes loss of meat flavor with the salt.



# Smoking Game Meat

All kinds of cured meat — dried, brined or corned — may be smoked for better keeping and improved flavor. When the curing time is ended, soak the cured meat for 2 hours in cold water and scrub it well with a stiff brush, to produce a better color and milder flavor. Hang the chunks in the smokehouse so they do not touch and let them drip for 24 hours before starting the fire. Use non-resinous wood (preferably peeled alder or willow) to produce a light fog of smoke, no hotter than 100 degrees. This is a cold smoke. Keep the ventilators open at first to let the moisture escape. Smoke for two or three days for a

good flavor and a rich, dark color. The Extension Service has a plan for a build-it-yourself permanent smokehouse. This may be obtained for 80 cents. However, for occasional meat smoking jobs, a simple, improvised structure will do. Many Alaskans do not have fancy smokehouses, but improvise with a large barrel or packing case, or even an old steel locker.

“Liquid smoke” is a commercial substitute for smoke. It produces a mild-flavored meat, but does not give the same protection from spoilage as smoking. For storing, smoked meats should be wrapped and suspended like any other cured meat.

# Storing Cured Meats

Meat that is to be used right away can be taken out of the cure sooner than meat that is to be stored for a longer time. All meat should be removed as soon as it is thoroughly cured, otherwise, it will continue to absorb salt and will become tougher and stronger flavored.

Transfer the chunks to clear water and let them soak for one or two hours, depending on size. Starting with smaller pieces, remove and scrub the pieces with a stiff-bristled brush. Suspend them by heavy strings and let them drip dry. In damp weather, hang the meat in a warm room with a small fire, an electric heater, or a fan to keep the air moving. Do not wrap the meat until it is thoroughly dry. Some people like to rub a light coating of pepper, sage, or

other spices on the surface of the meat before wrapping.

Wrap it first in cheesecloth, unbleached muslin, or cotton stockinette. Cords should be attached to the cloth (not the meat) to hang in storage. A tight wrapper of paper should then be applied, and the meat will be ready to store for up to a year. If mold forms on stored meat, it can be wiped off with a vinegar-soaked cloth. If this is done soon enough the quality and flavor will not be affected.

## STORAGE PRECAUTIONS

**Keep cured meat dry, cool, well aired, and away from direct light. Keep each piece of cured meat separate and in a screened room.**

# Sausage

One of the best uses for tough cuts of meat, scraps, and trimmings, is for sausage. Numerous types and flavors of sausage tell the story of their origin, but basically sausages are of four kinds: raw bulk (Country Style); fresh cooked in casings; cured (or summer sausage) in casings, and specialty sausages such as liverwurst. All are made from ground meat, containing from a fourth to a third of fat. Do not use rendered fat or bacon fat.

Different kinds of meats can be mixed together in sausage. Caribou or moose with fat

pork makes an excellent combination. The meat is ground with the fat and flavorings, thoroughly mixed, and then stuffed into commercial casings, or cloth tubing. You can make tubing by folding and stitching together muslin strips 6 inches wide and about 16 inches long. Sausage can be stuffed by hand, but experienced home sausage-makers say you can do a much better job with an inexpensive attachment for your meat grinder. Commercially mixed spice and flavor combinations are also available.



## Country Style Sausage

Country style is a raw bulk sausage and can be frozen raw in plastic bags, or waxed containers, to be sliced and fried. If you make small amounts you may season as you grind it. Larger amounts need to be spread in shallow trays, seasoned, and worked by hand to distribute seasonings evenly. Many combinations of spices are used. A standard recipe calls for the following ingredients:

- 20 pounds mixed lean meat and fat  
(2 to 1 or 3 to 1 depending on your taste)
- $\frac{2}{3}$  cup of salt
- $4\frac{1}{2}$  tablespoons of pepper
- $\frac{1}{2}$  teaspoon of ground sage

Use commercial sausage seasoning in proportions of 5 ounces to 20 pounds of meat for a mild seasoned sausage or 5 ounces to 15 pounds meat for a well seasoned sausage. For small quantities use one tablespoon seasoning to each pound of meat. If you plan to keep sausage frozen more than 4 or 5 months, it is better to keep it in the form of burger, and flavor it as you use it. Seasoned, raw frozen meats develop off-flavors faster than un-seasoned raw meats.

## Fresh Cooked Sausage

Two typical sausage recipes using fresh meat are as follows:

### MOOSE SAUSAGE

- 15 pounds of moose meat, one-fourth to one-third pork fat or suet
- 3 tablespoons of sausage seasoning
- 5 teaspoons salt
- 2 heaping teaspoons sage (if desired)
- 6 chili peppers, crushed

### MOOSE MEAT BOLOGNA (Italian Style)

- 15 pounds of moose meat, one-fourth to one-third pork fat or suet
- 1 cup commercial smoke salt (follow directions in package)
- $3\frac{1}{2}$  tablespoons salt
- $4\frac{1}{2}$  tablespoons black pepper
- 1 tablespoon mace

For either recipe, follow the same procedure. The meat and suet should be kept chilled for easier grinding. Put them through the grinder with a coarse blade. Spices may

be sprinkled on the meat before it is ground, or afterward, as preferred. Mix the meat by hand for at least 15 minutes; a small amount of water in the mixture helps keep the meat from sticking to the hands. Pack the ground meat into a pan and chill it overnight before grinding again with a fine blade.

Stuff the mixture into casings, and boil them in plain water until they float. Storing and smoking directions follow.

## End of Season Sausage

An old-time Alaskan has developed the following recipe for using the meat left in his outdoor cache when spring breakup comes. When you need space in your freezer for a new season's kill, use his flavorful formula:

- 40 pounds of game meat mixed with 10 pounds of smoked ham or bacon. Ten pounds of ordinary bacon fat will do as well or you may use 2 pounds of ham or bacon with  $7\frac{1}{2}$  pounds of pork trim.
- $1\frac{1}{4}$  cup of black pepper
- $\frac{1}{2}$  cup of white sugar
- $2\frac{1}{2}$  tablespoons of salt
- 1 ounce of coriander
- 5 tablespoons of mustard seed
- garlic (if desired)

Let the meat thaw. Grind the cuts into burger and mix with the ground pork trim and/or fat. Add seasoning and work in with the ham. The garlic may be light if you do not like the flavor but don't leave it out entirely as it helps cover the gamey flavor. Spread in trays or dish-pans and mix thoroughly. Stuff the mixture into casings and boil the sausages until they float. Hang them and let drip until thoroughly dry then smoke for three to five days in a light, cold smoke. See the directions for cold smoke on page 13.

## Summer Sausage

Summer sausage is drier and harder than regular cooked sausage, and keeps better in warm weather. It is made in the same way as fresh sausage, except that the chunks of meat are first cured for three days in a pickle or corning solution. **Do not add salt.** Meat cured previously can be mixed into this recipe if you have some on hand.



# Specialities

## Liversausage

For 10 pounds of finished liver sausage, combine 8 to 8½ pounds of head meat, tongues, hearts, and skin and meat trimmings, with 1½ to 2 pounds of liver. Boil the meat trimmings until the meat can be easily removed from the bones, but is not too soft to be ground.

Remove all blood vessels from the liver and slice into 4 to 6 inch strips; score the pieces of liver with a sharp knife to expose as much cut-surface as possible. Drop the slices of liver into boiling water for 10 to 15 minutes. Grind all meat and liver through the ¼-inch plate of the food chopper. Thicken the liquor from the cooked trimmings by evaporation. Add enough of the condensed liquor to the meat mixture to give it a soft, but not wet, texture. Add the following flavorings:

- 4 ounces of commercial smoked salt  
(follow directions on package)
- 2¼ tablespoons of black pepper
- 1 teaspoon of red pepper
- 1 teaspoon of sage
- 1 teaspoon of allspice

Mix all ingredients thoroughly and stuff the mixture into casings. Simmer in hot water until the sausage floats (about 20 or 30 minutes). Plunge the sausages into cold water, to chill them thoroughly.

## Head Cheese

Head cheese can be made from the head of any game animal. Hearts, tongues, and trimmings may be included with the head meat in the following recipe:

- 6 pounds of chopped meat
- 3 tablespoons of salt
- 4 teaspoons of pepper
- 2 teaspoons of red pepper
- 2½ teaspoons of allspice
- 3 teaspoons of cloves
- 2 quarts of the broth in which  
the meat is boiled

Clean the head by removing the eyes, ears, brains, and all the skin. Trim off any fat. Cut the head into pieces to fit your largest kettle. Soak

the pieces of head in salt water (½ cup to 1 gallon water) for 3 to 5 hours, to draw out all the blood. Drain the pieces and wash them well in clean water. Cover the pieces of head, and other trimmings with hot water and cook slowly until the meat can be removed from the bones. Strain the broth and boil to evaporate until only 2 quarts of liquid remain for each 6 pounds of meat.

Remove the meat from the bones, and chop all meat fine. Add salt, pepper, and spices, add the broth to the mixture and stir it thoroughly. Heat the mixture and let it boil for 15 minutes. For immediate use, pour the mixture into a shallow pan, cover it with cheesecloth, press the contents under a weight. It will cool into a firm jelly that may be sliced for serving.

## Smoking Sausage

Sausages may be smoked in their casings after they are cooked. See instructions on page 13. Hang them to drip thoroughly dry before applying smoke. Use a light, cold smoke from a small fire of peeled green alder, or willow, for 3 to 5 days. You can get the texture and flavor of smoked sausage by using smoked salt in the recipe. Manufacturer's directions should be followed. Generally, smoked salt can be substituted for the same amount of plain salt in any sausage recipe.

## Storing Sausage

Sausage stuffed in casings may be wrapped in locker paper or foil, and hung in a cool place. Sausages may be kept frozen, either dipped in wax, or wrapped in foil or locker paper. Freezing is recommended for specialty sausages, such as liver or head cheese, if they are to be kept very long.

Summer sausage made from cured meat can be kept longer in warm weather than other varieties.

Head cheese of any mixture such as moose nose, not stuffed into casings, can be kept frozen in waxed containers, or it may be processed in jars or tin cans. Raw bulk sausage will keep frozen in the same way as hamburger and it may also be canned in the form of patties, but the flavor is altered by the processing. Since all meat is canned at the same temperatures use your own canning tables or see U. S. Department of Agriculture Bulletin No. 6, "Home Canning of Meat."



# Special Tricks With Game Meat

After all of your meat has been sorted for freezing, curing or canning, you will still have a supply of bones, tissues and tendons, and various scraps that are not practical to store, but are too valuable to throw away. You can start making soup stock from these as soon as you have finished butchering.

Place the trimmed bones in a large kettle; first break up the long pieces to fit the kettle and to release the marrow. Add scraps of meat, and pieces of gristle, tendon and connective tissue for their gelatin, protein and mineral content. Cover with salt water (one-fourth of a cup of salt to each three gallons of water). Cook until the meat separates freely from the bones.

Let it cool until the surface layer of fat hardens and can be lifted off. Reheat the broth to

liquefy it, and take out the bones and gristle. Separate the meat and pack the good pieces into sterilized jars; cover with broth to within one-half inch of the jar top. Wipe the jar edges clean and process at 15 pounds pressure for 35 minutes.

## SAVING THE FAT

If your stored meat is somewhat lean and dry, you may wish to save some fat to cook it with. The fat skimmed from your soup stock will keep satisfactorily if you thoroughly separate it from broth and meat particles. You can also render the extra suet and surface fat from the hams of the animal, by cutting it up into fine cubes and heating it slowly in a heavy covered kettle. Strain the liquid grease, boil it to sterilize it, and pour into containers that can be closed tightly. Keep frozen or in a cool place. Bear fat, which turns rancid even when frozen, will remain sweet and edible if rendered immediately. Many cooks rate it as first quality for pastry-making.

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## Moose Mincemeat

No two mince meat recipes are identical; each family uses favorite ingredients. The following basic formula may serve as a starting point. Each cook adds her own extras.

- 3 pounds of ground moose or caribou
- 1 to 1½ pounds of ground suet
- 6 pounds (approximately 24 medium) apples, peeled and chopped
- 3 pounds of raisins and/or currants
- 4 cups of sugar, brown or white, or combined
- 6 cups of cider
- 1 tablespoon of salt
- 1 tablespoon of cinnamon
- 1 tablespoon of cloves
- 1 teaspoon of nutmeg
- 1 teaspoon of allspice
- 1 teaspoon of mace

Grind the meat, the suet and the apples; mix all ingredients together in a large kettle and simmer gently until the meat is cooked through, and the liquid has boiled down to the consistency you like. You will need to watch and stir the mixture to keep it from sticking to the pan. You may have to add more liquid. The above mixture makes approximately 7 to 8 quarts of mince meat. You can freeze what you don't use right away in waxed containers or can it.

This recipe can be varied by adding ingredients, or by substitution. A cup of maple syrup, honey, or dark molasses may replace some of the sugar; grape or other fruit juices, applejack, brandy or wine may take the place of some of the cider. The flavor of the cider may be sharpened with three-fourths of a cup of vinegar. One

recipe calls for the addition of a jar of jam, jelly, or preserves.

If you want to add candied citron, figs, or preserved orange and lemon peel, from three-fourths of a pound to a pound is suitable in this mixture. A fresh lemon and orange, ground with peelings, may also be used.

## Jellied Moose Nose

Jellied moose nose is a sourdough specialty known and enjoyed only in moose country. It is not easy to prepare, but, like head cheese, is worth while as a delicacy, and as a way of saving a fair amount of meat. Cut the upper jawbone of the moose just below the eyes. Put it in a large kettle of scalding water and boil it for 45 minutes. Remove it and put it into cold water to cool. Pick the hairs from the nose as you would the feathers from a duck (the boiling loosens them), and wash it thoroughly.

Put the nose in a kettle and cover it with fresh water. Add a sliced onion, a little garlic, and pickling spices, and boil it gently until the meat is tender. Let it cool overnight in its juice.

In the morning, take the meat out of the broth, and remove the bones and cartilage. You will have two kinds of meat: the bulb of the nose is white, and the thin strips along the bone and jowls are dark. For immediate use, slice the meat thinly, and pack it into a loaf-type pan and cover it with juice. You may add salt, pepper or other spices if they are needed; some people add vinegar, to suit their own taste. This mixture will jell, and when it is firm, can be sliced for serving cold. You can save what is left by freezing it in waxed containers, or processing it in cans or jars for one hour.



# Tricks With Small Game

## Rabbit

Rabbits taken in the early fall, before they lose their summer fat, can be fried, braised or made into fricassee the same as chicken. Later in the season they may need special treatment.

As with big game, the handling is very important to the flavor. If possible, the animal should be skinned and gutted as soon as it is taken.

Some hunters break the thin, fragile skin in the middle of the carcass, and peel it both ways. The legs are skinned to the lower joints, and broken off; the skin is pulled back over the head, and removed with the head, by a quick twist of the neck. The rear part of the skin is pulled back to the anus and tail. In gutting the animal, the tail and skin are separated and discarded.

Rabbits that have lost their fat and fresh taste, gain new flavor in Hassenpfeffer, or Sweet-sour dish.

### HASSENPFEEFFER

Small rabbit (about 2½ pounds ready-to-cook) cut in serving pieces

Flour

- 3 tablespoons fat
- 2 teaspoons Worcestershire sauce
- 3 tablespoons flour
- ½ cup vinegar
- 2 cups water
- 2 teaspoons salt
- ¼ teaspoon pepper
- ½ teaspoon whole cloves
- 2 teaspoons sugar
- 4 bay leaves
- 1 medium onion, sliced

Make pickling mixture by combining the vinegar, water, salt, pepper, cloves, sugar, bay leaves, and onion in a glass or enameled-ware bowl.

Add pieces of rabbit and sliced giblets and cover the bowl. Let stand in refrigerator 8 to 12 hours, turning the pieces occasionally so that they will absorb the flavor evenly.

Remove the rabbit pieces. Save liquid and onions but discard bay leaves and cloves.

Roll the rabbit in flour. Heat fat or oil in a heavy pan and brown the rabbit on all sides.

Pour the pickling mixture over the rabbit. Cover and cook over low heat about one hour, or until rabbit is tender.

Take rabbit from pan. Add Worcestershire sauce to the liquid. Make a smooth paste of 3 tablespoons flour and add to the mixture in the pan. Stir and cook until

the sauce is thick and smooth. Pour sauce over rabbit. Serves four.

To use a large rabbit (about 4 to 5 pounds ready-to-cook), double the amounts of ingredients for the pickling mixture. It is important to have enough to flavor all of the meat. Use ⅓ cup fat to brown the rabbit and ⅓ cup flour to thicken the sauce. It may be necessary to skim off part of the fat before thickening the sauce. Serves eight to ten.

### SWEET-SOUR RABBIT

Small rabbit (about 2½ pounds ready-to-cook) cut in serving pieces

Flour, salt, pepper

- 2 tablespoons cooking fat or oil
- 1 cup pineapple juice
- ¼ cup vinegar
- ½ teaspoon salt
- 1 cup pineapple pieces
- 1 medium green pepper, cut in thin half slices
- 1½ tablespoons cornstarch
- ¼ cup sugar
- ½ cup water

Roll rabbit in mixture of flour, salt, and pepper. Heat fat or oil in a heavy pan, and brown on all sides over moderate heat.

Add pineapple juice, vinegar, and salt. Cover pan; cook over low heat 40 minutes, or until meat is tender. Add pineapple and green pepper; cook a few minutes longer.

Mix cornstarch and sugar and stir in the water. Stir this mixture gradually into liquid in the pan and cook slowly about 5 minutes. Serves six.

## Beaver and Muskrat

Beaver and muskrat trappers, through trapping for the furs, have found their meat edible. Muskrat flesh is dark red, fine-grained and tender. The meat should be soaked in a weak salt solution overnight to draw out the blood. Soaking in a weak brine or a vinegar solution (½ cup vinegar to 1 quart of water) will help moderate the flavor if it seems unusual to you.

Beaver meat is similar in color and texture, and may be treated in the same way. But, all of the fat should be removed from beaver before cooking. The flavor and odor of the fat are not pleasing. Dressed muskrat weighs about one pound while beaver may weigh 4 pounds. They can be roasted, broiled, braised or stewed. The following recipe can be adapted to beaver.

Soak the muskrat overnight in salted water (1 tablespoon salt to 1 quart water). Drain, cut up, and roll in ½ cup flour seasoned with 1 teaspoon salt, ¼ teaspoon paprika. Fry in fat until browned. Then cover the muskrat with sliced onion. Sprinkle the onion slices with ½ teaspoon salt. Add ½ cup water. Cover the skillet tightly. Simmer for 1 hour. Add 1 cup sour cream the last 15 minutes of cooking time. Serves 2 to 4 depending on the size of the animal.



# Game Birds

## Water Fowl

Many of Alaska's ducks and geese make good eating. To protect their quality, bleed the birds by breaking their necks or cutting their throats, and gut them while they are still warm.

To gut, pluck a strip clean of feathers from the end of the breastbone to the vent. Make an incision around the vent and cut an opening to remove the entrails. Be careful not to rupture the gall sac (attached to the liver), or the intestines. Remove and save the giblets (liver, heart and gizzard). Remove the crop and windbag through a cut along the back of the neck. Wipe the inside of the bird with a clean cloth or paper and stuff the cavity with loosely crushed paper. *Do not wash the bird.* Skin the gizzard and wrap giblets in waxed paper.

Cool the birds rapidly and keep them cold. At camp, hang them in the shade where air can circulate freely. The feathers will keep off the dust, flies and insects, and prevent drying out.

Wild ducks should be plucked dry, not scalded. Paraffin makes the job easier. Have the birds well chilled, but not frozen. Pull out the heavy back, tail, and wing feathers. Cut off the wings at the first joint. Melt two pounds of paraffin for four ducks. Use a tall, narrow container so the whole bird can be dipped at once. Plunge the bird into ice water to harden the paraffin. Then you can peel off the wax and feathers together. For reuse melt the wax and strain out the feathers.

When you are ready to cook the bird, wash it under running water, cleaning the cavity thoroughly. Check the carcass and trim away shot holes or wounds that may have spread flavor from the entrails. Leg and back muscles are more sensitive to off-flavors than the breast.

Some hunters ripen or age game birds to give

them a gamey flavor. For many, however, dressed birds, wrapped loosely or placed in a covered pan for 18 to 48 hours, are gamey enough. For well-ripened flavor age the birds one to two weeks or longer. Nowadays, most ripening or aging is done in the refrigerator, but it can be done in the field if desired.

## Upland Game Birds

Upland birds, such as ptarmigan and other grouse can be either plucked or skinned. Skinning, which is quicker, does not alter the flavor seriously. It may even improve it. If you want to roast the bird with the skin on, you should pluck it while the body warmth is still in the skin. The feathers will come out more easily without tearing holes.

To skin, remove the wings close to the body, and the legs at the joint above the foot. Slit the skin just under the tail. Pull the skin back over the legs and up the body toward the neck. Then break the breast away from the back. Throw away the back and entrails. The breast will come away, ready to be wiped and cooked. The legs should be cut away close to the back. Wipe these pieces thoroughly (including the heart, liver, and gizzard) and wrap them in wax paper.

Some people go to the trouble of plucking rather than skinning upland birds, to save the wings and bony parts for soup or gravy stock.

Late in the season, spruce hens go on their winter diet and develop a sprucy flavor. They may be converted into a delicacy, however. Both ptarmigan or spruce hen breasts may be sliced and put to soak overnight in a mixture of sour milk with a pinch of oregano, marjoram and rosemary. The next day, the meat may be rolled in flour, fried brown, and steamed in a covered kettle with the sour milk mixture poured over them, until the meat becomes tender.



# Game Meat Cookery Methods

Moose is similar to beef, but it has a coarser grain. Caribou and reindeer may have less fat and also may be more stringy in texture.

However, moose, reindeer and caribou are enough like beef that similar cuts may be prepared in similar fashion. Your favorite beef recipe will no doubt also be your favorite game meat recipe. For goat and sheep, use your favorite lamb recipes.

Use dry heat for tender cuts — sirloin, back, ribs, round and shoulder steaks from young animals.

Dry heat methods are roasting, broiling and panbroiling:

## *To Roast:*

1. Season with salt and pepper
2. Place meat fat side up on a rack in an open roasting pan
3. Insert meat thermometer
4. Do not add water. Do not cover. Do not baste
5. Roast in a slow oven at about 300°F
6. Roast to desired degree of doneness; moose can be well-done or rare, caribou and bear need to be cooked to well-done stage

## *To Broil:*

1. Set oven regulator for broiling
2. Place meat 3 to 5 inches from the heat
3. Broil until the top of the meat is brown
4. Season with salt and pepper
5. Turn meat and cook until done on the other side
6. Season and serve at once

## *To Panbroil:*

1. Place meat in a heavy frying pan
2. Use no fat or added water and do not cover
3. Cook slowly, turning occasionally
4. Pour fat from the pan if it accumulates
5. Brown meat on both sides
6. Season and serve at once

A variation of pan broiling for the camp or with a Yukon stove is to place the heavy frying pan on the coals and layer the inside bottom with table salt. When heated very hot sear the steak on

each side for a rare steak and longer for a medium well-done steak. Scrape the crust from the frying pan and renew the layer of salt and heat again for the next pan full of steaks.

Use moist heat methods for shoulder and neck cuts, shank, flank, and meat from older animals. Moist heat methods are braising, stewing and pan-frying.

## *To Braise:*

1. Brown meat on all sides in fat in a heavy utensil
2. Season with salt and pepper
3. Add small amount of liquid, if necessary
4. Cover tightly
5. Cook at low temperature until tender

## *Stewing large cuts:*

1. Brown meat on both sides in own fat or in lard when this is desirable
2. Season with salt and pepper
3. Cover with liquid, cover kettle, cook below boiling point until tender
4. Add vegetables just long enough before serving to be cooked

## *To Panfry:*

1. Brown meat on both sides in small amount of fat
2. Season with salt and pepper
3. Do not cover
4. Cook at moderate temperature until done, turning occasionally
5. Remove from pan and serve at once

Interesting and helpful variations of the moist heat method for tenderizing is to marinate or soak the tougher cuts of meat in tomato juice, lemon, or other fruit juices that are slightly acid or a weak vinegar solution. Sweet pickle juice saved from the jar of pickles lends an interesting flavor to marinated game meat. Sour milk and yogurt have enough acid to help tenderize meat and lends a good flavor.

Commercial tenderizers made from papaya are helpful in tenderizing the less tender cuts of meat too. All organ meats are tasty and should not be stored for any length of time. Baked heart, boiled tongue and kidneys and liver add variety and nutrition to the diet.

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